

# ARTICHOKEs

**G**REEN GLOBE ARTICHOKEs—the variety that is the most readily available in this country—will work well for all the dishes shown on this page and the following pages, as will many other kinds (see page 69 for descriptions of some of the types now sold in the United States). In any of the following dishes, using red or purple artichokes instead of green ones will make for a dramatically different color palette.



## BRAISED ARTICHOKEs

SERVES 4

These tender, herbed baby artichokes are delicious on their own as a side dish or as a component of dozens of other dishes, from pizzas and pastas to salads and frittatas.

- 1 lemon, thinly sliced crosswise into rounds
- 20 baby artichokes (about 2½ lbs.)
- ½ cup extra-virgin olive oil
- 3 tbsp. dry vermouth
- 1 tbsp. kosher salt
- 1 tsp. freshly ground black pepper
- 1 tsp. fennel seeds
- 3 sprigs thyme
- 2 bay leaves

1 Fill a 3-qt. high-sided skillet with 6 cups water and add lemon slices. Trim away tough outer leaves of the artichokes to expose their tender, pale green interior. (For illustrated, step-by-step instructions on trimming baby artichokes, see page 92.) Add trimmed artichokes to the skillet.

2 Add the oil, vermouth, salt, pepper, fennel seeds, thyme, and bay leaves. Cover the skillet and bring liquid to a boil over high heat. Reduce heat to medium and simmer the artichokes until tender, 30–40 minutes. Serve artichokes at once or cover and refrigerate for up to 3 days.



## STUFFED ARTICHOKEs

SERVES 4

This recipe is based on one that *SAVEUR* deputy editor Dana Bowen's Italian-American family has used for generations.

- 4 large, full-size artichokes
- 1 lemon, halved
- 1¾ cups dried bread crumbs
- 1 cup grated pecorino
- ½ cup chopped flat-leaf parsley leaves
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 8 cloves garlic, finely chopped
- 5 tbsp. extra-virgin olive oil

1 Using a serrated knife, cut off artichoke stems to create a flat bottom. Cut top thirds off artichokes, pull off tough outermost leaves, and trim tips of leaves with kitchen shears. Rub cut parts with lemon halves. Open artichoke leaves with your thumbs to make room for stuffing; set aside.

2 Heat oven to 425°. In a large bowl, combine bread crumbs, ¾ cup pecorino, parsley, salt, pepper, and garlic. Working with one artichoke at a time over bowl, sprinkle one-quarter of bread crumb mixture over the artichoke and work it in between leaves. Transfer stuffed artichoke to a shallow baking dish. Drizzle each artichoke with 1 tbsp. oil. Pour in boiling water to a depth of 1". Rub 1 tbsp. olive oil

on a sheet of aluminum foil, cover artichokes with foil (oiled side down), and secure foil tightly around dish with kitchen twine. Bake until a knife easily slides into the base of an artichoke, about 45 minutes. Remove foil, sprinkle tops with remaining cheese, and switch oven to broil. Broil until tops of artichokes are golden brown, about 3 minutes.



## FETTUCCINE WITH ARTICHOKEs AND CHICKEN

SERVES 4

We got this satisfying pasta dish from Justin Smillie, the chef at Smith's, a restaurant in New York City. For the chunky, woodsy-tasting sauce, he braises artichoke hearts with chicken, dried porcini mushrooms, and fresh tarragon.

- Juice of 1 lemon
- 15 baby artichokes (about 2 lbs.)
- 3 tbsp. extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 2 dried mushrooms, such as porcini, chopped (about ½ oz.)
- 1 small carrot, finely chopped
- Kosher salt and freshly ground black pepper, to taste
- 3 boneless, skinless chicken thighs (about 1 lb.), cut into 1" chunks
- 1 tbsp. tomato paste
- ¼ cup white wine vinegar
- 4 tbsp. chopped tarragon leaves
- 3 cups chicken broth
- 1 lb. dried fettuccine
- ¾ cup grated parmesan

1 Stir lemon juice into a medium bowl filled with water. Trim away tough outer leaves of the artichokes to expose their tender, pale green